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DRY SPLIT PEAS

a good choice for the thrifty family

SPLIT PEAS --

Green or yellow



give us energy
help build muscle
blood



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USE COOKED SPLIT PEAS IN



SOUPS



SALADS



MEAT LOAVES

FNS-29 (Formerly C&MS-38)

COOKED DRY SPLIT PEAS

- 1 cup dry split peas
- 2 cups water
- ½ teaspoon salt

Wash and drain split peas.

Put split peas and water in a pan. Bring to boiling. Boil 2 minutes. Remove from heat. Cover and let soak ½ hour.

Add salt, bring to boiling. Cover and boil gently about 20 minutes until tender. Do not stir.

Makes about 2½ cups cooked split peas.

SPLIT PEA CASSEROLE

- 1 small onion
- 2 tablespoons fat
- 2 eggs
- 2 cups fluid milk
- 2½ cups cooked split peas
- 1 cup uncooked, quick rolled wheat or rolled oats
- 1 cup cut-up, canned chopped meat or canned luncheon meat
- ½ teaspoon salt
- Pepper, as you like

Chop onion and cook in fat until tender.

Beat eggs in a large bowl and add milk.

Stir onion and rest of ingredients into milk mixture. Pour in greased baking pan.

Bake at 350° F (moderate oven) about 50 minutes.

Makes 6 servings, 1 cup each.

SPLIT PEAS WITH BACON AND CHEESE

- 3 slices bacon
- 4 cups cooked split peas
- 1 cup cut-up cheese

Cut up bacon. Cook and stir until crisp. Drain off some of fat.

Stir in split peas and cheese. Heat slowly until hot. Serve at once.

Makes 6 servings, about ½ cup each.

- Fluid milk made from nonfat dry milk may be used in these recipes.

SPLIT PEAS AND BEANS

- 1 cup dry kidney beans
- 5 cups water
- 1 ½ teaspoons salt
- ¼ cup cut-up salt pork
- 1 green pepper
- 1 medium-size onion
- 1 cup dry split peas
- ¼ cup tomato sauce or catsup
- Pepper, if you like
- ½ cup cut-up, canned chopped meat or canned luncheon meat, if you like

Wash and drain beans.

Put beans and water in a pan. Bring to boiling. Boil 2 minutes. Remove from heat. Cover and let soak 1 hour.

Add salt and salt pork. Boil gently about 1¼ hours until beans are almost tender.

Chop green pepper and onion. Wash and drain split peas. Add to beans. Stir in rest of ingredients.

Cover and boil gently about 40 minutes until beans and peas are tender. Do not stir.

Makes 6 servings, about ¾ cup each.

SPLIT PEA PATTIES

- 2½ cups cooked split peas
- ½ small onion
- 1 egg
- 1 cup fine, dry bread crumbs
- ½ cup fluid milk
- ½ teaspoon salt

Mash split peas with a fork.

Chop onion finely. Beat egg.

Mix all ingredients. Shape into 12 patties. Chill 1 hour.

Cook patties in a heated, greased fry pan until browned on both sides.

Makes 6 servings, 2 patties each.

TOP-OF-STOVE CASSEROLE

- 1 small onion
- 1 pound ground beef
- 2 cups cooked or canned tomatoes
- $\frac{1}{2}$ cup uncooked rice
- $\frac{1}{2}$ cup water
- 1 tablespoon sugar
- $2\frac{1}{2}$ cups cooked split peas
- Salt and pepper, as you like

Chop onion.

Put ground beef and onion in a pan. Cook until meat is browned. Drain off fat.

Add tomatoes, rice, water, and sugar. Cover and boil gently about 25 minutes until rice is tender.

Add split peas, salt, and pepper. Heat slowly until hot.

Makes 6 servings, 1 cup each.

SPLIT PEAS WITH TOMATOES

- $\frac{1}{4}$ cup finely cut-up salt pork
- 1 small onion
- 1 cup cooked or canned tomatoes
- 1 teaspoon sugar
- $2\frac{1}{2}$ cups cooked split peas
- Pepper, as you like

Fry salt pork until lightly browned.

Chop onion. Add to salt pork and cook until tender.

Stir in tomatoes, sugar, split peas, and pepper. Heat slowly until hot.

Makes 6 servings, about $\frac{1}{2}$ cup each.

SPLIT PEA CHOWDER

- 1 cup dry split peas
- $\frac{1}{2}$ small onion
- 1 tablespoon fat or drippings
- 3 cups water
- 1 teaspoon salt
- 1 small potato
- 1 cup finely cut-up, canned chopped meat or canned luncheon meat
- 1 cup fluid milk

Wash and drain split peas.

Chop onion. Cook in fat or drippings in a large pan until tender.

Add water, salt, and split peas. Bring to boiling. Lower heat. Cover and cook 45 minutes.

Chop potato and add to chowder. Cook about 15 minutes longer until potatoes are tender.

Add meat and milk. Heat.

Makes 6 servings, about $\frac{2}{3}$ cup each.

SPLIT PEA VEGETABLE SOUP

- 1 large potato
- 2 medium-size carrots
- 2 stalks celery
- $\frac{1}{2}$ small onion
- $\frac{1}{2}$ cup dry split peas
- 2 quarts (8 cups) water
- 1 tablespoon fat or drippings
- 1 tablespoon salt
- Pepper, as you like
- $\frac{1}{4}$ small head cabbage

Cut up potato, carrots, celery, and onion. Wash and drain split peas.

Bring water to boiling. Add cut up vegetables, split peas, fat or drippings, salt, and pepper. Cover and boil gently 30 minutes.

Cut up cabbage and add to soup. Cook 15 minutes longer.

Makes 6 servings, about $1\frac{1}{3}$ cups each.



SPLIT PEA SOUP

1 large onion
3 tablespoons fat or drippings
1 ½ cups dry split peas
6 cups water
1 ½ teaspoons salt

Chop onion. Cook in fat or drippings in a large pan until tender.

Wash and drain split peas.

Add water, split peas, and salt to onion. Bring to boiling. Lower heat and cover pan. Cook about 2 hours until thickened.

Makes 6 servings, ¾ cup each.

Note: Cook a ham bone or pieces of ham in the soup, if you like. Remove bones and serve meat in soup.

